

QC

FASHION:

Effortless style and clean lines suit a natural beauty **P. 21**

ON THE SCENE:

Our best shots from the annual Saskatchewan Fashion Week **P. 22**

WINE WORLD:

The most versatile red for your money. The chicken wine **P. 25**

THAT RUMBLING SOUND

SHELDON DINGWALL'S BASS GUITARS CAN BE HEARD AROUND THE WORLD

P. 4

FREE

IN THE CITY

MAY 9, 2015 — 12:33 P.M.

Poking fun



Kimber J (right) and Sam Brown (left) share a laugh during the Pier-G Games Tattoo Convention held at the Confederation Centre in Victoria on Monday for World's 100.

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ON THE COVER PG. 4



Workers at Dringwell Guitars are busy building bass guitars that will be used by musicians worldwide. QC PHOTO BY RICHARD MARJAN

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CORRECTION:

Incorrect information in last week's story titled 'The people's cop becomes an author' (Enje Lovell's second book will be released later this summer) QC repeats the error.

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A moment in time: Photographer Michael Ellis shot (l)w) declines the week.

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The most versatile for your money. The chicken wine.

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A weekly column for kids of all ages to art. Stephanie McKay.

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For more Saskatoon style means looking for natural beauty alone. QC PHOTO BY LARSEN KEMMIS

QC COVER PHOTO BY RICHARD MARJAN

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Heather Persson is editor. Jenni Sharp is associate editor.

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ON THE COVER

He said 'Why don't you make basses and I'll stick with guitars.' Then we shook hands and that was the start of it all. — Sheldon Dingwall

MUSICAL INSTRUMENT MAKER

Dingwall basses make noise around the world

By Chris Morin

In the 1980s, Sheldon Dingwall found moderate success on the Alberta rock circuit. But it wasn't until after he stepped out of the spotlight that he found intense financial ease.

Following his career as a musician, Dingwall founded a boutique instrument business in Saskatoon, crafting sophisticated electric bass guitars — a move that's put his name in rock magazines across the world.

The Saskatchewan native has sold his basses throughout North America, and has found niche markets in Europe, Japan and Russia. He's heard his instruments on million-selling albums by Phil Collins, Loretta Lynn and Metallica. His basses have even appeared in Broadway musicals and on award shows like the Emmys.

"It's been a long ride and the industry has changed in certain ways," Dingwall says. "I've had so many customers come up and talk to me about what they're looking for. So as much as we might like to give a product, there will always be someone out there who wants something different."

The challenge and the uncertainty have kept him going for more than two decades.

Originally from Calgary, Dingwall's interest in music came at an early age. The bass wasn't his first love. He started piano lessons at five, moved to drums at 10 and guitar at 12. Within two years he was teaching others to play both instruments.

Discovering rock 'n' roll as a teenager, Dingwall eventually found himself in Edmonton's bar-proceeding music scene, playing in a band called New York, New York.

"We were mostly on the heavy side of 'rock,'" recalls Dingwall. "But we weren't doing playing up-the-pop."



Revered guitar ruler Sheldon Dingwall turned his craft from an avocation and honed this skill during bar-touring days. QC PHOTO BY ROYALTY NEWSON

I would go through different combinations of bridges, necks and bodies, and that's where I discovered that quality matters — Dingwall



Dustin Dingwall watches his metal welding machine carve out a guitar body for Beatles or BOMBO MAGNAT

The group kept a rigorous schedule, touring Western Canada and playing some 500 to 600 a year. It was a "working band" that played six nights a week on the road. Many music critics reviled their their over-the-top, over-the-top, and would set up in whatever bars and clubs that would be willing to host or pay them.

New York, New York shared the stage with several larger names at the time, including The Powder Blues Band. Another highlight came when the band crossed paths with Governor General Ray Hnatyshyn.

"When I met him, I was in full stage gear, which was back to the size of spandex and leg hair," laughs Dingwall.

It was out on the road where he developed his chops as a player, but Dingwall also discovered the necessity of being able to fix a broken guitar at a moment's notice. Dingwall had an uncle who had worked on building instruments. He started out stringing guitars during his time at home and then would take them out for a "torture test" while he was playing on stage.

Continued on Page 11

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I've had so many customers come up and talk to me about what they are looking for. So as much as we might like to plan a product, there will always be someone out there who wants something different. — Dugwall



(Top right) The guitar bridges used in Dugwall guitars. (Top left) The tuning pegs in a Dugwall guitar (Picture) Sheldon Dugwall with his own vinyl guitar. (Picture) by KIMBERLY HARRIS

"I would go through different combinations of bridges, necks and bodies, and that's where I discovered that quality machine," said Dugwall. "There would be a weak link that would fail on these guitars

and they would fail at the most important moment."

Playing in remote areas, Dugwall couldn't afford to have his equipment fall apart while he was hours away from a music store. He

began making sure to pack components that could withstand the nightly pressures of stage use and shoddy.

When the band began to run out of gas and Dugwall began to gas

der retiring from life on the road, the obvious idea was to take his love of handmade instruments to the next level.

It is in my DNA. I started off with

how to build them before moving on to maintainable take parts.

"With anything that captures my attention, it isn't long before I start thinking about how I could do it better."

I had been struggling with how to fix the lower notes on bass guitars. Someone from a piano background clued me in on the design. — Dingwall



The frets on a Dingwall guitar are different, giving the lower notes a distinct sound. QC PHOTO BY MICHAEL MATHIAS

"I think a lot of contemporaries are wired this way."

Even though he left behind life on the road, Dingwall hasn't forgotten the lessons he learned as a touring musician.

"There are things hidden inside these instruments while most companies try and save money," he says. "But this is where the heart of the instrument comes from — it's where you need the quality the most."

After leaving New York, New York, Dingwall began manufacturing replacement guitar necks on a full-time basis. The necks left to bodies which led to fully assembled guitars, which led to requests for loans.

"I had built a few guitars for my own use when I was touring, and then I developed some necks that seemed to get a good response from other players," he said.

He officially launched Dingwall in 1998. Moving into making high-end instruments, he also began supplying

custom necks and guitar bodies to a few small builders in the U.S. and Hong Kong. He started in Broadway Avenue in the now-defunct H&M music store base ment and then moved to the third floor of Uncle Ed's Furniture Store on First Avenue.

The instruments Dingwall makes have a distinctive look to them. The frets on the neck are fused on, unlike electric bass guitars that have a more traditional look.

That style came from Ralph Stack, an American musician who worked as an instrument tech, could accommodate his unique style of playing. Stack says Dingwall was the member of the road crew that fused frets in the 1980s.

"This also helped the design in that it gives the lower notes of the bass more sustain," Dingwall says. "I had been struggling with how to fix the lower notes on bass guitars. Someone from a piano background clued me in on the design."

Continued on page 8

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Gail Lang



Chris Martin

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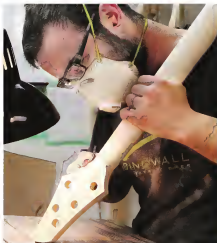
- Individuals working in supply chain management including buyers, operations managers, purchasing managers, production planners, warehouse clerks, material handlers, logistics administrators, inventory controllers, analysts and specialists
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Location: Delta Regina Hotel

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Register Online at WWW.SCMASK.CA

There are things hidden inside these instruments where most companies try and save money. But this is where the heart of the instrument comes from — it's where you need the quality the most. — Dingwall



Hand sander Ryan Marshall (left) and speed sander Joey Corvi at work at Dingwall Guitars in Saskatoon. (left) Photos by Kevin MacIsaac

After finally getting an opportunity to visit Saskatchewan at a music trade show (Dingwall still remembers receiving the first push he needed).

"We said, 'Why don't you make basses and I'll stick with guitars,'" recalls Dingwall. "Then we shook hands and that was the start of it."

Popular music has been gravitating toward the lower bass frequencies for decades. Dingwall's customers made clear that our most bass guitar technology was not addressing their needs. It was also clear that prices had no problem handling lower notes, says Dingwall. For a solution, he looked toward guitar design.

"The fanned-frets are an artifact of taking the multiple scale approach from pianos and harps and applying them to a bass," he explains. "Like a piano or harp, the lower pitch

strings are longer and the higher pitched strings shorter. Using multiple scales, the frets need to be spread out on the bass side in order to line up with the notes properly."

The fan pattern is aesthetically striking, but it also requires more patience to assist for most players. Players that play a lot of chords in the upper frets require a bit more adjustment, while musicians who hang down at the lower frets usually adjust within minutes.

Dingwall was making an impact on the boutique instrument world. Then everything came to a grinding halt.

On October 8, 1994 the building that housed his business burned to the ground. The fire was one of the largest setbacks to his career.

"That definitely put us back," he recalls. "Some things could be replaced easily, but

there were notes from customers that I could never get back."

It took years before he had received fully which included finding a new home for his operations. Nowadays he's settled his business in the city's north end. It's also a place where several, up and coming musicians have a place to play their trade.

Covered in sweat, Joey Corvi is responsible for putting together the wooden pieces of the bodies of the bass guitars. He's also the brother-in-law of the band The Truth Hurts — a folk group that has played throughout Saskatchewan, including the West Coast Festival. Ryan Marshall, who contributes to quality control, is steadily found on stages with various acts throughout the province.

"You can also find him in the recording room, making sure that the signature pieces of the bass comply with the highest standards.

"I consider him one of the best bass players in the city," says Dingwall.

Along with the Saskatoon-made Furry Guitars, Dingwall has helped bring the Furry men into a small but well respected niche in North America.

"Furry Guitars was the first Canadian electric guitar manufacturer. I think they deserve more recognition than they've got for that. I'm very proud to know them," Dingwall says.

"We have always had a well-deserved reputation for guitar players," says Dingwall. "But our builders fly under the radar for the most part. Boutique instrument builders are by nature more of a cult brand type of industry. By that I mean that although we may have a high profile in a small number of players in the high end of the market, we're largely unknown to the masses."

READ MY BOOK

#ROLLI

I Am Currently Working On a Novel

I Am Currently Working On a Novel is my fourth book. My third is short fiction and my first with Toronto's *LightHouse Books*.

I used the same daily method to create this book as I did my previous titles — I drank an extraordinary amount of coffee every morning (after, this habit is more relaxed and this carefully wrote down every thing that happened).

Largely a collection of flash or very short fiction, the 79 stories in *I Am Currently Working On a Novel* range in length from one to seven pages.

These are stories set in Hollywood, London and the bottom of the sea. There are stories about ghosts and robots, love and Postcolonial, death and immortality.

If you've been keeping a watchful eye on literary magazines, you'll have noticed many of the tales in public outlets like *Grain*, *Stephens Perry Review*, *Translation* and others.

Early reception of the book has been excellent, with new reviews in *TSAR*, *Punk Fiction Chronicle*, *Heavy Weather Review*, *News Translation* and others. And it was recently longlisted for the *Frank O'Connor International Short Story Award* — the world's richest prize for short fiction.

The publisher was kind enough to let me draw the book's cover image — a kind of pin cushion. I drew cartoons for a wide variety of magazines, actually. *Roller's Digest*, *Harvard Business Review Chronicle* of Higher Education, *Harvard Admissions* and *Roller's Digest*.



"As thrilling as it is brief, this book is a real treat for any reader who likes to read fast." —*Roller's Digest* (reviewed and featured)



Rolli

I Am Currently Working On a Novel is available at Chapters, Amazon, from the publisher's website (lighthousebooks.com) or if you'd like a signed copy from the author, shop (rollican.com).

Now as it happens, I am currently working on a novel I call it *The Gargantuan* (a story and have two others slated for release in 2016 — *Kabanga* (Amazon/Grainwood) and *The Sea Wave* (Amazon/Grainwood). So keep an eye out for those, too.

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EVENTS

MUSIC

Wednesday, May 13

Wednesday Night Punk Kory
Isken vs. The Time Disks
Bushwacker, 2206 Dewdney

The Allay Downs
Lineup's, 2330 Albert St.

Quam Jam
8-10 p.m. Eastview Community
Centre, 605 4th Ave.

Peter Katz
Artful Dodge, 1831 11th Ave.

Mike Eld, Towers and Thems,
Scott Richmond
The Club at the Exchange
3431 Eighth Ave.

Anna Ray, Luca Nussli,
Mauri Pedlar and The Thunder
Tongues
Creative City Centre
1843 Hamilton St.

Thursday, May 14

Live Music
Frat House, 1852 Seventh St.

Regina Jazz Orchestra
The Exchange, 3431 Eighth Ave.

Black Thunder, Blotigwen,
Dead Ranch, Pallas
The Club at the Exchange
3431 Eighth Ave.

DJ Baby Daz
McNelly's, 2226 Dewdney Ave.

Kamoka
8 p.m.-2 a.m. The Slip, 306
Albert St.

Noisefest
Check website for schedule
The Common Club
1727 St. John St.

Friday, May 15

Weekly DrumCircle
Instruments provided
7:30-9 p.m. The Living Room
Centre, 3015 Dean Dr. Call
Mike, 305-552-9391

Bucks Valley and Indie
Egon

Vic and piano night
7:30 p.m. St. Luke's Anglican
Church, 3203 Apple Rd.

Joe Fleckwith with The Un-
known, No Keweenaw



Daniel Keel takes the stage Sunday at the Creative City Centre. qc.leaderepost.com/weekendevents

Dan Keel, 2655 College Ave.

Yo Ho Midgets, Power Paul
O'Hanrahan, 1947 Seventh St.

West Michael Miska Band
Eldorado, 2300 Dewdney Ave.

Noise Pest
Check website for schedule
The Club at the Exchange
3431 Eighth Ave. and
Garrison Club, 1727 St.
John St.

Kamoka
8 p.m.-2 a.m. The Slip, 306
Albert St.

Peweehopper, Alters of Del
and more
The Club at the Exchange
3431 Eighth Ave.

Berry Playground
McNelly's, 2226 Dewdney Ave.

Saturday, May 16

**Highland Gathering and
Celtic Festival**
11 a.m.-10 p.m. Victoria Park

Open Airville Jam
2:30-5 p.m. Broadway
Lounge, 1807 Broadway Ave.

Live music jam
All types of music welcome
Hosted by Errol Kintore
4-6 p.m. The Slip, 306 Albert
St.

Kamoka
8 p.m.-2 a.m. The Slip, 306
Albert St.

National Fiddling Day
The Exchange, 3431 Eighth
Ave.

Noise Pest
Check website for schedule
Artful Dodge, 1831 11th Ave.
and Common Club, 1727 St.
John St.

West Michael Miska Band
Eldorado, 2300 Dewdney Ave.

Drop Dargies
McNelly's, 2226 Dewdney Ave.

Los Locally Wild, Lukas
Nelson

Cosmo Regime Show Lounge
1850 Saskatchewan St.

**Highland Gathering and
Celtic Festival**
11 a.m.-10 p.m. Victoria Park

Diana Keel
Creative City Centre
1843 Hamilton St.

Strided Dances, River Jazks,
Mystery Square, Ballet
Burner
The Club at the Exchange
3431 Eighth Ave.

Open Jam
8-10 p.m. Mojo Club, 638 Vic-
toria Ave.

Greg Bell
Artful Dodge, 1831 11th Ave.

Kamoka
8 p.m.-2 a.m. The Slip, 306
Albert St.

Monday, May 18

Kamoka
8 p.m.-2 a.m. The Slip, 306
Albert St.

Open Jam
8-10 p.m. Artful Dodge, 1831 11th
Ave.

Tuesday, May 19

Kamoka
McNelly's, 2226 Dewdney Ave.

**Michael Innes, Mitch Kin-
ner**
O'Hanrahan, 1947 Seventh St.

Kamoka
8 p.m. Artful Dodge, 1831 11th
Ave.

WEDNESDAY

WEDNESDAY

WEDNESDAY

WEDNESDAY

What you need to know to plan your week.
Send events to QC@leaderpost.com

What's This post-Depression and
Second World War era, when
the North American economy
expanded, manufacturing
spread, and many cities were
characterized by levels of civil
engagement rarely seen today.
Customs' Day, May 16, 3 p.m.
Until July 5
Creative City Centre - Central
Branch, 2301 12th Ave.

Open Session Life Drawing
No formal instruction and all
skill levels are encouraged.
The model will be nude with
the exception of a few special
costumed occasions. Please
bring your own drawing mate-
rial. \$12 per drop-in session.
Thursday, 7-10 p.m.
Creative City Centre, 1843
Hamilton St.

David Barnein 18th Nov
and Other Quilt Displays
Until May 16, Miska Gallery,
106-2300 Broad St.

Epigonal, Mike Kaprielian and
Lauren MacLeod
Until May 16, Asantele Gallery,
2256 Smith St.

**Annotated Topography of
Place**
This exhibition by Amber
Philips (Sonder) is a po-
etic combination of personal
experience, reflection and
aerial view of places, spaces,
people and things from recent
surrounding environments. It
is inspired by the 1962 novel
"Annotated Topography of
Chance" by Eugene Ionesco.

Until June 5 Hogue Art
Creative City Centre, 1843
Hamilton St.

David Thurgood 18th Nov
and Other Quilt Displays
Until May 16, Miska Gallery,
106-2300 Broad St.

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David Thurgood 18th Nov
and Other Quilt Displays
Until May 16, Miska Gallery,
106-2300 Broad St.

**Summer Reflections in
Contemporary Canadian
Fine Art**
The Art of Scott McEwan
Fine Arts
Until July 31, Regina Centre
Creative, 1831 11th Ave.

David Thurgood 18th
Nov and Other Quilt Displays
Until May 16, Miska Gallery,
106-2300 Broad St.

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David Thurgood 18th
Nov and Other Quilt Displays
Until May 16, Miska Gallery,
106-2300 Broad St.

EVENTS



The Cathedral Village Arts Festival kicks off Monday with a parade and picnic. (CPL PHOTO BY MICHAEL HILL)

CATHEDRAL VILLAGE ARTS FESTIVAL

Monday, May 18

CVAF Kickoff parade
11 a.m. Starts from 14th Avenue and Clockmakers Street to 14th Sherman Park.

People

Featuring Parish Day School
THINKERS OF THE MOMENT: Regina PLK Award, Ted Chelkowski, Lumsden Branch Camp Wide Games, Sophie Yesski for Christ Soccer League, Ashleen Rose Berry Dandridge, Cathmaugh School Living Arts Mural Painting, BBQ, Floss Bess, Wholesome Good Coffee, Montclair Forest.
NIGHT & DAY: 14th Sherman Park, 14th Avenue and Piquette Street.

Performances

Noon To Moveable Feast
12:45 p.m. "Tribal Visions Wild Fire Productions"
1:30 p.m. Ave Wild
2 p.m. Audubon House
3:30 p.m. All Saints North & Central

3:15 p.m. Regina Drum Circle
Lumsden Branch, 1321 Avenue and Piquette Street

Comic Jam and drop-in work shops

Comic Jam drawing session with Adrian Ousey (artist)

exploration stations with Holophone Audio Arts.
6:30-9:30 p.m.
Neil Sublett Studio, 2420 Clockmakers St.

Vintage Surplus Open Stage
Bring your songs, poems, stories, songs, spoken word to share at the Open Stage! Features reading by Saskatchewan's current poet laureate, Judith Krause. Email info@vintageopenstage.com to sign up.
7 p.m., The Artesian, 2637 13th Ave.

Music

7 p.m. Regina Municipal Orchestra
8 p.m. Jazz Standards
Wesminster United Church,
3025 13th Ave.

Catholic Women's Society — Bang Conchita

A vocal ensemble dedicated to singing Hymnary and Renaissance polyphony ancient music from the Catholic tradition.
9:30 p.m. Holy Rosary Cathedral, 2604 Garnet St.

Tuesday, May 19

Poetry Slam

There's a book in the hat for your chance to win the 2015 CVAF Poetry Slam Wink. something on the spot in our poetry workshop from a prompt we give you, then read it.
Judges: Local Catholics

7 p.m. The Mercury, 2616 13th Ave.

Heritage Talk and Reception
Comeback Book Project Public Art Proposal. Join local artist David Brink expert on the history of the book project on the heritage materials assigned from the 100-year-old Comeback School site, and view the public art proposals.
7 p.m. 88%, Comeback Branch, 3435 13th Ave.

Art From the Heart Workshop
Unleash your creativity and make a mini cartoon lantern for your yard or garden. Everyone welcome. Register by calling 306-777-0018.
7 p.m. 88%, Comeback Branch, 3435 13th Ave.

Heritage Audio Arts
With performances by Amber Goodwin, Eric Hill, Jaye Kovach, Ian Campbell, Ryan Hill and Glen McLeod.
7 p.m. The Artesian, 2637 13th Ave.

Comed Improv

7:30 p.m. Unionville Centre, 2700 College Ave.

The Moose Jenkins

A comedy band featuring Kim and Glen McLeod with guitar picker Johnny Twofingers.
8 p.m. The Artesian, 2637 13th Ave.



Building healthy communities



2015 YMCA Day Camp

July 6 - Aug 21

Early admission: April 23

Heritage Branch: April 6-22

Weekend Leadership Summer Program: April 24-28

Registration: April 23

and online: April 23

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Heritage Branch



Heritage Branch



Heritage Branch



Heritage Branch



Heritage Branch



Heritage Branch

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EVENTS

DANCING

Senior dancing

May 12, 8-10 p.m.
Cathedral Village Freshhouse, 2664
Albert St.

Friday Night Dancing

Hosted by Adult Social Dance Group.
\$5 per couple includes tea and coffee
Friday, May 19, 8 p.m.
St Mary's Anglican Church, 3037 18th
Ave

Minor Dae Club Dance

Featuring Dishes and Curtis Pool
May 19, 8 p.m. midnight
Regina Senior Citizens Centre, 2034
Winnipeg St.

50-Plus Dance

Monthly Fringe Dancers, \$5
May 17, 8-9 p.m.
Austrian Club, 320 Maxwell St.

SPORTS

North American Adult Championships

Adult recreational hockey tournament
May 19-21, Cooperstars Centre, Erika
Place

Prater Gold Senior Lacrosse

May 16, 8 p.m.
Al Ritchie Arena, 2230 Lindsay St.

Prater Gold Junior Lacrosse

May 16, 8 p.m.
Wicksheffer Arena, 1237 Arman
St. N.

Stare on Ice

Featuring Rick Brownies, Scott May,
Texas White, Patrick Chan and many
others
May 15, 7:30 p.m.
Sands Centre

Regine Skat vs. Saskatchewan

May 17, 7:30 p.m.
Mosaic Stadium

FOR FAMILIES

Stars and Stripes

Wednesday, 1 p.m.
Cingular Ocean Southland Mall, 30 25
Gordon Rd.

Bake A Difference

Combat bullying through baking;
spread kindness with a cookie
Wednesday, 5-7 p.m.
Sweet America Bake Shoppe, 230
Winnipeg St. N.

Drop-in crafts and yoga

Free event for ages 5-18 Thurs-



Canadian figure skaters during Texas White and Scott May are part of Stare on Ice, which comes to the Albert Centre on Friday, with new stars.

day, 4-6 p.m.

Eastview Community Centre, 615 6th
Ave

Drop-In Indoor Playground

Friday, 9-11:30 a.m.
South Louise Centre, 101 Stanton Dr.
S.E.

Build-and-Grow Clinics

Builds special fitness project. For
children ages 5 and up
Saturdays, 10 a.m.
Lewes, 4553 Gordon Rd.

Michael's 10k club

Saturday, 10 a.m.-noon
2049 Prince of Wales Dr.

Family Favourites Film

Enjoy a favourite film for just \$2.50
Saturday, 11 a.m. Galaxy Cinema,
340 McCarty Blvd N.

Mom and Tot Bored Meetings

Hosted by Kate Murray, 306-350-2511
Friday, 10-11:30 a.m. EarlyLife Living
Family Centre, Scott College Ave, 3350
7th Ave

Family Activities

Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre, 2903
Powerhouse Dr.

Family Studio Sundays

Sunday, 3-4 p.m.

Mezzanote Art Gallery, 3475 Albert St.

Science Time for Tots

Interactive workshop aimed at early
learners
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre, 2903
Powerhouse Dr.

Parent and Preschooler Juggle Gym

Monday, 9:30-10 a.m.
Al Ritchie Family Wellness Centre,
445 14th Ave

Drop-in crafts and yoga

Free event for youth ages 5-18 Thurs-

day, 4-6 p.m.

Eastview Community Centre, 615 6th
Ave

MUSEUMS

Alan Young Sexual Museum

1005 Fourth Ave
Hours by appointment only (306-323-
3505)

RCMP Heritage Centre

5927 Dewdney Ave
Open 11 a.m.-3 p.m. daily

Regine Firefighters Museum

1203 Ross Ave
Hours by appointment (306-777-
7794)

Government House Museum &

Heritage Property
4467 Dewdney Ave
Tuesday to Sunday, 9 a.m.-4 p.m.

Clark Museum of Hagnis

1375 Boreal St.
Tuesday-Friday 10 a.m.-4 p.m. Satur-
day noon-4 p.m. Closed Sunday and
Monday

Regine Floral Conservatory

16506 47th Ave
Monday, Friday, 9-4:30 p.m.

Regine Saskatchewan Museum

2445 Albert St.
Open 9:30 a.m.-5 p.m. daily

Saskatchewan Military Museum

1650 Glenhurst St.
Open Monday and Thursday, 7-9 p.m.
or by appointment (306-347-9349)

Saskatchewan Science Centre

2903 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday and holidays, noon-
6 p.m.
Closed Mondays

Saskatchewan Sports Hall of Fame

2939 Victoria Ave
Monday-Friday 10 a.m.-4:30 p.m.
Closed weekends

OTHER HAPPENINGS

Regine Farmers' Market

Wednesday and Saturday, 9 a.m.-1
p.m.
City Square Plaza, 12th Avenue and
Saskatchewan St.

Why Food Security is Determined by

Editor: Peter Spikes and Victoria's
Blue Policy
Presented by Murray Cullen, Johnson
Sheehy Graduate School of Public
Policy
May 18, 10:30 a.m.-noon
Room 210, 2 Newmarket Dr. U of R

RCMP Sergeant Major's Parade

Weekdays, 10:05 p.m.
RCMP Detach Division, 5920 18th Ave.

Senior Power Meeting

Pharmacist Peter Hsu will talk about
prescription drugs
May 19, 1:30 p.m.
Cathedral Neighbourhood Centre,
2900 10th Ave

South Saskatchewan Life Society

Plant & Seed Sale
Everyone welcome. Call Debra at
306-386-3997 for more details.
May 13, 5 p.m.
Regine Floral Conservatory, 1650 &
47th Ave

27th Annual Beiforum Seniors' Night

Senior citizens from around the city
are invited to attend an evening of
food, entertainment and prizes
May 15, 6:30-9 p.m.
Beiforum College Gymnasium, 1245
College Ave.

Horticulture talk

Bernie Zaharko will speak about roses
- different types, planting and guard-
ing against pests and diseases
May 13, 7 p.m.
Ambassadors for Christ Church, St.
Police Club, Garden of Eden Station,
White City

Open House

Open House—Regine German
Language School
May 15, 9:30 a.m.
Campbell Collegiate, 102 Memory Rd.

Science Pub

Media of Ruby Annals: Can Help
Kara Yee Seis, Sarah Persson, chemi-
cal and laboratory safety consultant
at the U of R, will discuss some myths
and misconceptions that give health
and safety a bad name.
May 15, 7 p.m. (open house at 5, ar-
range for seniors at \$5)
Oxbridge/Apple Airplane Room, 2205
Dewdney Ave.

Hip-Hop German

Dancing, singing, drummer, heavy
beats, better than children's art
activities: Visit saskatoon.ca for
more information
May 15, 7:30 p.m.
Townesley, 4477 Albert St. B
May 16, 9 a.m.-10 p.m.
May 17, 9:30 a.m.-6 p.m.
Victoria Park

Rock n' Roll

Queen City 1960s lunch party featur-
ing DJ Ruby and a special pizza
May 15, 12:30 p.m.
The Mercury, 2936 10th Ave.

Plant Sale

Hosted by Regine Horticulture Soci-
ety
May 15, 9 a.m.-4 p.m.
Victoria Square Mall

Book Launch

Lake in the Clouds by Ingrid Wildt
May 19 noon. Centre Books, 105-
3620 18th Ave.

January Photo Photo

Every Sunday, 2 p.m.
The Lancers, 4520 Gordon Rd.

ChessDay Challenge

Open to all chess players of board game
enthusiasts.
Every Tuesday, 6 p.m.-midnight
Boston Place, 545 Albert St. W.

EVENTS

Food/drinkable: You'll find Christian Women's Hour Luncheon Connection (www.cwlc.ca) and their year's issue of the hot and accessories. Speaker: Clayton Gortman, soloist Jan McLaughlin. \$10. Call tickets at 306-769-3670 to attend. May 16, 1 p.m.

FILM

Merchants of Doubt: Documentary. A documentary that looks at pundits far-left who present themselves as scientific authorities as they speak about topics like toxic chemicals, pharmaceuticals and climate change.

Wild Tales: Comedy/Drama. Its short stories involving distressed people. Vulnerable in the face of a reality that suddenly turns unpredictable — stresses such as flowers

betrayed, a depressed past, the violence of the everyday — the characters of the Wild Tales anthology cross the line that divides civilization and barbarism. Narrated for First Toronto Luncheon Film, 3070 Oscars.

Anglo Public Library theatre
231 23A Ave., 306-777-6104

D-Day 3D: Normandy 1944
Documentary. On June 6, 1944, the largest Allied operation of the Second World War began in Normandy, France. This film provides a new, jaw-dropping look at this moment in history, blending multiple cinematic techniques including animation, CGI and live-action images.

Journey to the South Pacific
Documentary. Narrated by Cate Blanchett, this is a breathtaking adventure to the last tropical islands of remote West



Mad Max: Fury Road opens in Ontario Friday

Poppy, where life flourishes above and below the sea. As we takes us on a journey of discovery to the magical place where we encounter whale sharks, sea turtles, manatees, and other lovable creatures of the sea.

Jerusalem
Documentary. An inspiring and eye-opening tour of one of the world's oldest and most enigmatic cities. Discovered and rebuilt countless times over 3,000 years, Jerusalem's enduring appeal remains a mystery. The

film follows three young Jerusalemites and their families — Jewish, Christian and Muslim — as anthropologist Dr. Josh Margolis explores some of the most extraordinary historical sites in the region. Narrated by Benedict Cumberbatch.

Konkur Film
2923 Powershore Dr.
306-522-6529

NEW MOVIES

Mad Max: Fury Road
Action. Wandering the wasteland alone, Mad Max (Tom Hardy) encounters a group of rebels fleeing from the war-torn Immortan Joe. From when something impossible has been taken.

Peach Perfect 2
Comedy. The British film is back and this time around, the film focuses on Africa (Africa

Kendrick) and Fat Amy (Gleason Wilson) as they navigate through their senior year. Truly alive (Julius Blackwell), who's a legacy thanks to her mother, joins the team. The team decides to enter the World Championships, no team from the United States has ever won.

Galaxy Cinema
420 McCurdy Blvd. N.
306-522-9098

Chester Cinema
Southland Mall Cinema
3020 Gordon St., 306-545-3383

Southwest Cinema
3600 Mile Shopping Centre
3600 Albert St., 306-389-5250

Events listings are a free community service offered by CNA. Listings are provided upon receipt. Please visit www.cna.com for more information.

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SHARPEATS

See a food trend you think deserves a highlight? Email qc@leaderpost.com or visit us on Facebook

SASKATCHEWAN FOOD TRENDS

Spice mixes make healthy meal prep easy

By Jenn Sharp

A Saskatchewan company is making it easy to eat fresh, organic spices and herbs.

Splendor Garden, based near Watrous, is a line of flavorful, high-quality spices and herb mixtures. The all-purpose seasoning mix is one of my favourites: sprinkle it on rice, roast of vegetable or chicken dishes. Try the veggie dip on peaches or potatoes and the jerk seasoning on anything to which you want to add a little heat.

Splendor Garden began as a health initiative after owner Calleen Hansmecker was diagnosed with breast cancer in 2014.

"When you go through something like that, you're always looking for ways to eat healthier," she says.

She wanted to find a way to consume more nutrients without taking in more food.

"We're really missing out on the nutritional benefits of spices and herbs by not using enough of them."

She started looking for a good line of organic spices and herbs but couldn't find much. The ones she did find were high-priced or only sold in bulk.

"I'd rather buy a small amount, and buy it fresh and have it taste good."

In 2015, she quit her job in sales and began developing a business plan for Splendor Garden. Hansmecker attributes the decision to her faith.

"I have a strong belief and faith in God and felt that this is what I was being called to do. So I took a 'huge leap of faith and here we are today'."

That leap of faith paid off. She launched the company in 2015 with 41 different spices and herbs. She's since added more spices, along with gift boxes. Splendor Garden is now sold in almost 400 stores across Canada.

"The one thing that makes us stand out is our quality. People really notice a difference."

Smoked paprika is a favourite of Hansmecker's: she uses it on everything from roasted vegetables to



Just chicken made with Splendor Garden's spices. QC/PHOTOS BY JAMIE EICHENBERG

steak. Chineses as a tap water, try it on salmon and you'll hardly need any brown sugar.

She says that was the purpose behind the line: "For people to be able to use spices and eliminate using sugar butter and salt to flavor food."

Splendor Garden's organic spices are imported from several different countries. Everything is certified organic from the growers and tested again as a guarantee by Hansmecker's supplier. The certified organic status means that chemicals and synthetic fertilizers are not used and the grow-

ers from which the spices are sourced use no GMO seeds.

The spices come to her plant in Watrous, in bulk, where they're put into the retail packaging. (By the way, Hansmecker also moonlights as an artist. She painted the watercolor logo design on the packaging.)

She'll be expanding the product line this fall. For a full listing of store locations and recipes visit www.splendorgarden.com.

Follow @splendorgarden on Twitter and Instagram



Activity Planner

Spring and Summer 2015



Encourage a love of physical activity in youngsters

[W5] — Children aged five to 11 should spend at least 60 minutes a day engaged in moderate- to vigorous-intensity physical activity, according to the Canadian Society for Exercise Physiology (CSEP). While fulfilling those requirements might not have been a problem for kids who grew up before the dawn of the Internet, kids are now spending less time playing outside and more time on their computers or other devices.

That reality is problematic for parents who want their kids to embrace physical activity because of the positive impact that exercise can have on their physical and mental well-being. Parents hoping to instill a love of physical activity in their youngsters may find that taking a more active role — by encouraging with their kids — is an effective way to get them off the couch and away from their computer screens.

① Turn errands into exercise opportunities. Many parents take their children along with them when running errands. When such errands don't necessarily require the use of a car, consider riding bicycles instead. Kids who otherwise don't enjoy errands may now find them more fun while meeting the guidelines for exercise and spending quality time with their parents.

② Include kids in your own athletic pursuits. Parents might not be able to take younger kids along with

them to the gym, but that does not mean your children must be excluded from all of your athletic pursuits. If you have any upcoming athletic activities or challenges on your schedule, such as a new recreational sports season or a community fun run or 5K, let kids tag along as you train or practice. Parents of adolescents can inquire at their local gyms regarding discounted memberships for teens. If such offers are in place, take kids with you to the gym so they can learn the value and benefits of daily strength and conditioning exercises.

③ Wake more time to play. Parents may already have busy schedules, but finding time to play with their kids is a great way to get youngsters to embrace physical activity. Kids might be reluctant to shoot hoops in the driveway if no one is willing to join them, but they will be far more likely to do so if mom and dad decide to play with them. This is not only a good way for parents to ensure their kids get enough exercise, but also a great and fun way for moms and dads to make time for their own physical activity.



Parents who exercise with their children may find their youngsters more receptive to the daily physical activity they need to promote long-term health.

④ Recognize that physical activity does not have to mean organized sports. Some kids have no interest in team sports, while others may not have the athletic ability to compete. Parents who want their kids to exercise more should recognize that there are plenty of ways to be physically active that do not involve organized team sports. Walking, riding bicycles, swimming at a nearby pool, lake or ocean, and even going for nightly walks are all physical activities that people of all ages and athletic abilities can enjoy.

Physical activity is an important component of a healthy lifestyle. While getting kids to put down their tablets and gaming systems remains a challenge, parents who make time to exercise with their children might find their youngsters more receptive to regular physical activity.

Activity Planner

Young newcomers transition to life in Regina

By Sherry McCormick
For L-P Special Projects

The transition to life in Canada can be difficult for any newcomer. Youth, in particular, often struggle with barriers such as language, culture and isolation as they try to connect with others and build their identities.

The City of Regina, in partnership with the Regina Open Door Society, is introducing a life skills for newcomer youth program this summer, which will address common challenges young people face while transitioning into a new environment.

Newcomers aged 12 to 17 will have an opportunity to make new friends, improve their English skills, learn about Canadian culture and share their culture with others.

"This has come about through a lot of conversations we've had with community partners," said Jeff Erbach, acting manager of Community Development for the City of Regina. "Our aim is to create relevant programs that reflect our population as Regina continues to grow in its diversity."

"There are people from many countries and cultures living here. We wanted a lack of support for newcomer youth, so we created the Diversity Programming Committee to implement a cultural plan. We've been collaborating with community partners responsible for delivering sport, recreational and cultural programs to Regina's neighbourhood centres, the Spangleplex and the

Civic Arts Centre," he said. This is an opportunity for newcomers to become engaged Canadians in a safe environment while gaining valuable leadership, teamwork and social skills. They learn about schools and other community resources, such as police services and libraries. The program also teaches about diet, nutrition and sun safety and helps youth and their families with some common settlement issues.

This summer, the program will run every weekday morning from 9:30 to 10:30 a.m., July 13 to 24. It will take place at the Cathedral Neighbourhood Centre, with some workshops at the Regina Open Door Society.

For more information or to register for this free program, contact Michelle Vukic, City of Regina Neighbourhood Centre Program Lead, at 306-777-7334 or email mvoic@regina.ca.



A City of Regina program will help young newcomers meet the challenge of transitioning into a new environment.

Don't let your children flip flop through summer

[NQ] — Most kids can't wait for the weeks of long, hot, carefree days spent in flip flops at camps, cottages and parks. But, while the fresh air and sun-soaked play can be excellent for a child's development, foot experts say that weeks of roaming in ill-fitting, unstructured flip flops can lead to foot, ankle and knee injuries.

"Basic flip-flop flip-flop" isn't the support that children need when they are running, jumping and playing," said Anne Pateman, a Canadian certified podiatrist and president of the Pediatric Association of Canada. "Proper fitting, supportive shoes are essential for the healthy growth and

development of children's feet, and although shoe rules can slacken a bit in the summer, they shouldn't be completely forgotten."

During the summer, podiatrists recommend that children wear footwear that balances ease with comfort and support. As children are always on the go, they like shoes they can quickly put on and take off. Parents are advised to look for sandals with Velcro straps, as they are quick and easy to get into, and ensure the foot snugly in the shoe as effectively as laces. For daily play a pair of lightweight, supportive sandals with a heel point at the ball of the foot is essential. Most importantly, the sandals should fit perfectly, as shoes that are too big or too small increase the risk of injury. Children

can wear unsupportive flip flops at the beach and by the pool, but flip flops are not appropriate for active play or walking any distance.

More information on appropriate footwear for children can be found at www.podiatry.ca.

Here are some tips from Canadian certified podiatrists to help you find appropriate summer footwear for your child:

1. Look for shoes that have sturdy backs and soles that don't bend easily if you twist them from side to side as from toe to heel. Shoes that don't bend or twist will provide the support your child needs.
2. Make sure the base of the footwear matches the length and shape of your child's feet. If too big or too small or too flat or too high or too loose or too tight, they are not right.
3. Don't buy shoes with "new to grow" shoes that are too long or too wide may cause or aggravate underlying foot problems.
4. Never pass shoes down from child to child as the wear patterns created by the first child will not properly support the next child's unique foot shape and needs.
5. If your child needs to wear flip flops for everyday wear, look for features that provide more support, such as supportive footbeds, adjustable straps, thicker soles and deep heel cups.

www.cbc.com/news

These stories were produced by Leader Post Special Projects to promote awareness of this topic for commercial purposes. The Leader Post editorial department had no involvement in the creation of this content.



Children can wear unsupportive flip flops at the beach and by the pool, but flip flops are not appropriate for active play or for walking any distance.

Activity Planner

How to be a good youth sports parent

Extracurricular and summer season sports leagues help to keep thousands of children active during vacation. Youth sports promote physical fitness and teamwork while helping children acquire themselves with sportsmanship and camaraderie.

Approximately three out of four fourth

American families with school-aged children have at least one child playing an organized sport. While many kids play just for recreation, others play competitively.

Sports are meant to be sources of enjoyment for children, but parental pressure and peer adult behaviour on the sidelines can make kids reluctant to compete. Parents who believe poorly may inadvertently pass bad habits on to their children or cause kids to prematurely abandon their athletic pursuits.

The following are a few tips for parents who want to encourage their kids' passions for sports in positive ways:

1. Show respect for coaches and officials. Parents should not act like they are the final authority on calls or how team members should play. Respect should always be shown to coaches and referees.

2. Let your child have fun regardless of his or her performance. Too often parents get swept up in how their children are performing when the goal for young athletes should be to enjoy themselves. Focus the eyes to focus on performance and focus instead of whether or not your child is having fun.

3. Recognize college scholarships may not be in the cards. Although some children

are destined for athletic greatness, many will not play sports after high school. Preserving older children to improve their college scholarships can make the little time they do have to play their favourite sports less enjoyable.

4. Take cues from the child. Children are often great indicators of parental behaviour at sporting events. Parents whose children seem unenthusiastic about more and dad attending their sporting events may be trying to tell you they don't appreciate your behaviour at the games.

5. Provide constructive criticism. Early coaching and practice with parents can give kids a leg up on the competition. But keep your advice constructive. Parents who become pushy or force constant practice can make sports unenjoyable.

6. Place emphasis on fun and learning skills. Find out what the kids hope to accomplish by playing sports and help them to achieve their goals. Focus on being supportive rather than emphasizing winning. This can help children view sports participation as a more positive light.

If children seem to have lost interest in sports, parents can ask why in an effort to make sports fun again or encourage other pursuits. Many sports now require year-round participation, which can cause burnout in some youngsters. Sometimes, a brief break and some free time may be all that's needed to rekindle a child's passion for sports.



Parents can take several steps to make their kids' experiences with sports as positive as possible. Parents should show respect for coaches and referees, and should not act like they are the final authority on calls.

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2015

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2 locations
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- ⊗ Boys & girls aged 5 to 18
- ⊗ Camp soccer ball, t-shirt, medal
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- ⊗ No charge until camp start, late pickup fees

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Workshop: August 10 - August 20 (no weekends)
Performances, Sask Express Theatre: August 21 - 29

Visit: www.saskatchewansexpress.com for full details

Activity Planner

The summer camp advantage

Teachers and parents alike know that the time spent between the end of one school year and the start of another can be the difference between success and struggle for kids in the fall. The question becomes how to make these months both playful and productive for kids — to keep their brains and bodies active while letting them have the summer fun we all remember so fondly.

Summer camps are one way to achieve that, and multiple studies have shown that children who attend day or sleep-away camps during the summer months show growth in key areas, such as an appreciation for physical activity, self-confidence and intellectual intelligence. And, not only do kids seem to grow in these areas, but the growth is retained and built upon throughout the rest of the year.

Summer camps offer an environment that introduces children to new people, new

places and new situations, independent of parental oversight. This fosters growth and exploration — both of the world around them and of who they are as individuals. Through hands-on learning, physical activity and time spent outdoors with their peers, kids get the benefit of a learning space free from pressure.

In fact, many children who struggle in more traditional environments really benefit from the more open, active learning situation that camp provides. And, it lets children find their own creative solutions to challenges. Summer camp is a great place for kids to really grow and see what they are capable of on their own and when they work in a group.

Summer camp is also a place for fun. But, in addition, camp is a place where children get a chance to build their social skills by interacting with an entirely new group of people and build their self-esteem

and emotional intelligence away from their usual guardians. And, camp is a place where learning flows freely, and children can take risks and tackle problems without a fear of failure.

One of the little secrets of the success of summer camps is that it dispenses exercise, learning and solid building as play. There are even camps that promote STEM (Science, Technology, Engineering and Math) skills, such as the Summer Day Camps offered by the Saskatchewan Science Centre, that show kids the excitement, fun and possibilities of these fields — which can often be difficult to engage kids in.

The things that kids learn at camp aren't just temporary, either. Self-confidence is one thing that grows and changes as we grow and change as individuals, and the confidence gained at camp can set a child going forward into the new school year

with the ability to take on more — both socially and academically — and know that they are capable of succeeding. This kind of confidence creates independent kids who know that they have value, and also know that they can fail, learn from it, and succeed next time.

Fun and play are the best things that summer camps have going for them in the eyes of kids. And, for adults, sending a child to camp is giving them the opportunity to succeed in a new way — to grow, learn and develop as their own individual while preparing them, not only for the upcoming school year, but for their future as healthy adults.

This story was provided by the Saskatchewan Science Centre for commercial purposes. The Leader Post editorial department had no involvement in the creation of this content.

Summer Day Camps

Our 2015 Summer Day Camps are available for children aged 6 to 8 and 9 to 11. Though camps share the same theme, each age group experiences a different camp, uniquely tailored to their age group.

Compare experiences, themed activities and experiments, science demonstrations, award-winning exhibits, IMAX film and ample time to run around and enjoy a Science Centre experience. They'll also meet new friends and create memories that will stick around for a lifetime.

If your camper is shy, we can register your child with a friend, and we will make sure to include them in the same group.

2015

5 DAY CAMPS
\$290 for non-members
\$200 for members

4 DAY CAMPS*
\$200 for non-members
\$160 for members

Science Surprise Camps

As if science wasn't exciting enough! Spend the week being amazed each day with a different area of science. Campers will build robots, perform a dissection and engage in activities from five different science fields: biology, chemistry, physics, engineering and astronomy! This camp is all about the excitement of surprise!

Aug 6 to 8
July 28 – 29
August 12 – 21

Aug 9 to 11
July 13 – 17
August 12 – 21

EveryBODY Science

Be active and get moving in the exciting EveryBODY Science Day Camp. Learn the science behind how athletes stay healthy in good and how you can stay healthy at home. Get moving by engaging in games and active play. Learn about the impact of different foods and drinks on our bodies and the science behind some of our favorite sports and moments. This won't be a waste of time, and most campers will even find it fun!

Aug 6 to 8
July 13 – 17
August 12 – 14

Aug 9 to 11
July 6 to 10
July 27 to 31

Everywhere Physics

Physics is truly EVERYWHERE! Learn about the most basic of physics in everyday life. Become a physical, tactile physicist and make waves. Use your proximity to make simple works of art. Learn while cooking and even use liquid nitrogen for some cool activities! Physics can be fun! (and, best of all, the fun is in this camp will be REAL.)

Aug 6 to 8
August 4 – 7*

Aug 9 to 11
July 29 – 31
August 10 – 14

Creature Feature

Explore the various secret cooptations and investigate the creatures that live in them. Campers will dive deep into the water and back across the landscape to learn more about animals in all parts of the world as well as those close to home. Get a firsthand look at the animals that live at the Science Centre! Campers will even have a chance to investigate the Arctic Wolves travelling exhibition. One will have a whole of a lion!

Aug 6 to 8
August 6 – 10
August 27 – 31

Aug 9 to 11
August 4 – 7*



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Activity Planner

Summer is the perfect time to build skills for a better report card next year!

Is your family ready for the final report card?

After 10 months of homework, tests, and projects, students are about to see their energy and efforts from the school year summed up on a single piece of paper: the report card.

Understandably, some report cards can be stressful for parents and students alike. Just as good grades are a cause for celebration, poor grades are a cause for concern. Good or bad, there's no avoiding the end-of-year report card.

What should you look for in your child's report card?

Kindergarten—Grade 2

In the early grades, report cards tend to focus on student's behavioural and social progress, such as how they are getting along with their peers, and whether they can stay focused on a task.

Children are changing greatly during the early years, even if a particular area might be of concern, watch for incremental improvement from one report card to the next. Each report card marks a milestone of achievement, but because a child is underperforming on one report card, don't mistake that significant improvement by the next report card is impossible.

Grade 3—Grade 6

The middle years of school are all about progress and focus, and they begin to place more focus on academics. Children are introduced to increasingly difficult concepts and their ability to grasp these foundational ideas is the focus.

Consistency is key in report cards during the middle years; children should not be going down in grade points. When poor grades are present on multiple report cards, parents should consider it a red flag and seek help before the problem becomes a major issue.

Grade 7—Grade 12

In high school, report cards are the biggest indicator of academic performance and

progression. The pressure is on: students are moving quickly on the fast track towards higher education, and every grade counts. Students should seek additional help as soon as they realize that they need extra support, whether in a particular subject, or in study and homework skills. The sooner students get the support that they need, the less stressful report cards become.

Summer is the perfect time to address any issues that may have come up on the report card. Without the regular time restrictions of school, students can really focus in on the areas that need the most attention and make serious improvements before school begins in the fall. Using the report card as their starting point, students can identify the areas that they need to pay the most attention to and set academic goals for themselves over the summer.

Luckily, summer learning doesn't have to follow as rigorous a schedule as the regular school year does. In fact, the research shows that even a few hours of dedicated work a week goes a long way to both working on trouble areas and preventing summer brain drain.

There's even more good news: there are plenty of activities that students can do at home to keep their brains sharp over the summer, including regular reading, playing board games and puzzles, word searches or Sudoku, and writing in journals.

While any activity that uses school skills and encourages their thinking will keep students of all ages on track cognitively, a structured, focused program has the added benefit of helping a student progress academically. This means a better start to the school year in the fall and less stress for the next report card.

For more information on deciphering your child's report card and our summer programs for all ages, contact Oxford Learning at 306-790-2000 or check out our website—www.oxfordlearning.com

Pre-K to Grade 12 Reading Writing Math Study Skills French SP/ACT Prep

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FASHION

What's your favourite look for summer 2015?

Email us at qc@leaderpost.com

FASHION IN SASKATCHEWAN

Effortless style suits natural beauty

By Jenn Sharp

For Andra Santos, style is effortless.

When she was younger, her closet was full of alternative, funky pieces to match her bleached blonde hair and penchant for purple lipstick. Today the 29-year-old gravitates towards a more calm, but still, and relaxed look with clean lines. She's most often wearing solid or dark colours and high-waisted jeans, which she feels suit her body the best. She's also learned that a good tailor makes all the difference.

"I started doing a lot of vintage shopping and was getting the clothes tailored to my body," she says of her move away from alternative fashion.

She likes to shop the sales rack too. Usually the pieces on sale are a larger size so she has a really good take everything for her body. "Then it fits me like a glove."

While she still loves to shop the vintage racks, she's been down to H & M more of late.

"I really like shopping at the Hilly thirty. Forever 21, H & M and Urban Outfitters," she laughs, adding she likes to change it up in her 30s. For now, those stores offer the clothes she likes at the right price.

"Like edge-in-out clothing that is figure-flattering and (superior) for every day."

Her "every day" is a mixed bag; she's a fourth-year social work student at the University of Saskatchewan and works at Burnaby's Justice as Saskatoon's Burnaby's neighbourhood. She walks everywhere and needs a style that fits her busy lifestyle.

Her favourite outfit for serving are a high-waisted skirt with a tight top, short or black jeans with Vans sneakers to keep her feet happy during long shifts. "You won't find her wearing leggings or camis [she doesn't like accessories], lots of eye makeup or a short dress. It's just not her style. This beauty of Greek and German heritage prefers a more natural look."

"I'm not somebody that really dresses up," says Santos, adding she does love to wear a good pair of black heels from time to time.

When she's not at school or work, she enjoys grabbing coffee with a friend. Cakes are also great pieces to people-watch. Santos is always pleasantly surprised by Saskatchewan's affinity for fashion.

"Like how everyone has their own unique style. There's lots of stuff that I could never feel comfortable wearing—I see other people wearing it (and) it puts a nice smile on my face."

Look No. 1

1. **SHORT: The Gap**

2. **JEANS: Zara** "I got them last summer in Italy"

Look No. 2

1. **TRENCH COAT: Lele's** "I love it. I've had it for two months. I really like the length on it. Sometimes the trends are too long because I'm shorter. This one was just the right size."

2. **TEE SHIRT: H & M in Joliette** "She was in Joliette last summer. I bought her black t-shirt."

3. **JEANS: H & M in Joliette** "I like the ripped look in the knees. I've always been drawn to it."

4. **SANDALS: Swank Shoes** "Leanne. I love them because they're black, sturdy and fabulous. It's my perfect shoe."

QC PHOTOS
BY LIAM RICHARDS



ON THE SCENE

SASKATCHEWAN FASHION WEEK

Those with a passion for fashion were in their element in Regina during Saskatchewan Fashion Week, which featured runway shows May 7 to 9.

Worner's intimate apparel collections were showcased on the runway for the first time. The workwear and catering of Regina's Christina McFadden's Year of the BMM designs were no exception; she was awarded the Fashion Forward Designer Award presented by Dr. Roberts McKay and Erna Brunner.

The event featured a diversity of designs and designers. For the first time, graduate collections from four students from the Chip and Shannon Wilson School of Design at Kwantlen Polytechnic University in Richmond, B.C., were showcased.

Emerging and established designers offered an impressive array of jewelry, accessories, menswear and women's wear. And local independent retailers offered a glimpse at styles trending for spring and summer.



QC PHOTOS BY DON HEALY

MORE PHOTOS ON PAGE 24



#CROSSWORD

NEW YORK TIMES Edited by MW Shortz

ACROSS

- 1 Cheese paper briefly with the
- 5 Gold for a diamond application
- 6 Logo for one
- 12 Interdimensional burning
- 14 Country impact, also Young Band
- 15 Course of the team
- 17 Electric noise brand
- 18 Country that's south of South Sudan
- 20 City near the only remaining wonder of the ancient world
- 21 Began, also Cajun
- 23 Cockburn post
- 24 Not true, neither Alaska
- 25 Side with Phil and Day
- 27 From Windows
- 28 Cowboy along the highway
- 30 March parade
- 32 Set in a novel
- 33 First National League with 663 members
- 34 Conductor's place
- 36 "No" or "of" at all
- 41 Term used
- 42 Numbers of "Color"
- 43 Greeting colleague with the lines by January
- 46 Cox, metaphorical
- 47 "Glad to" (4)
- 48 "I'm sorry, I'm sorry" (4)
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PUZZLE BY ZACHARY WILSON

DOWN

- 1 Ten, verb
- 2 "I'm sorry, I'm sorry" (4)
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JANBIC CLASSIC SUDOKU

Level: Bronze

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

7		9	8	4				
					5	7		8
6			7	3			1	
				6	8			
8	2		9		5		6	
	7			2	3			
	4			5	8			7
5		7	4			3		
				7	6	4		9

Solution to the crossword puzzle and the Sudoku can be found on Page 29.

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ON THE SCENE

1. A model on the runway

2. David and Christine Kookik

3. Chris Pritchard, Chelsea Peterson and Candace Fraser

4. Elmer Escobar and Dr. Roberta McKay

5. Al Prokopuk, Roberta McKay and Louis Trichard

6. Lopey McVeigh and Angus Plunk

7. Hannah Gregory and Trish Richardson

8. Robyn Barclay and Rod Hillier

9. Brendon Shenhart, Zohar Davidson, Kelly Carmichael and designer Dean Renwick

10. The Fashion Forward Group's Designer Award winner Christina McFadden speaks to the crowd

11. Rick Venturini and Betty Harrison

12. Roxanne Stockfield and Michelle Elise

13. Lo Lussier and Bethany Giesl

14. Valerie Timmons and Stu Moxon

15. Julia White serves wine. 16. Holly Haworth and Kap Simon

17. Sarah Turnbull, Shanie Jettie and Shanie McWhirley

18. Cassandra Klassen and Jocelyn Brown

19. Michael Leuko and Tony Cuyile



WINE WORLD

LA VIEILLE FERME

If you want a versatile red, ask for the chicken wine

By James Romanow

I've watched the news with some bemusement for the last year. People suddenly seem to relate to the days of backyard chickens.

I actually am an expert on this topic. My grandmother kept chickens in a coop at the end of the yard until the city made it illegal. She let them scratch for bugs and bugs in her garden. Then when we came for dinner, she would apply the var and I would watch with fascination as the chickens would run around headless.

I don't most neighbours would wish to watch this demonstration of the food chain today. I too prefer to be a fantasy farmer, although I still have some affection for VERY fresh meat chicken. Most people drinking wine with such a meal would go with a white wine, or possibly a great one but I rather like the finish brought the voices of young reds from the south of France.

Meet the chicken wine, La Vieille Ferme (or Vieille Ferme) which translates as 'the old farm'. They few lower stars clearly will understand your choice. In second and most of them have a clear love to say it anyway. But tell 'em you want 'the chicken wine' and they'll get you to the right one as a bartender.

It's a blend of those grapes, mostly Grenache noir and merlot, but the blend changes from vintage to vintage to keep the price of bottles and the wine drinkable. Buy a bottle



on the way home, stick it in the freezer for about 30 minutes to take it down to 13 degrees, and enjoy one of the best valued, versatile reds out there.

La Vieille Ferme, \$14.96 ****
Ontario: looking in Mayday's Leader Post and a while for someone in best week's 400+ more on Twitter @jbrhoush

Crossword/Sudoku answers

TRIB	ESL	TEMPO
ROYE	ELL	ORWELL
ATRAP	LUS	UGANDA
CAIRO	MARR	HELM
ETE	SEP	KIS
SEOGES	ASS	DTT
AREA	CH	ESTRAPIT
STET	ST	NEW
COE	ACK	ASSIST
NSA	TCL	ARR
ETRE	ENDS	DIANA
HAGGED	LTS	ATRAP
STOGIT	OTR	AUTO
ETONS	ONE	LSAT

7	2	9	8	4	1	6	3	5
3	1	4	9	6	5	7	2	8
6	5	8	7	3	2	9	1	4
1	9	5	6	8	7	2	4	3
8	3	2	1	9	4	5	7	6
4	7	6	5	2	3	8	9	1
9	4	3	2	5	8	1	6	7
5	6	7	4	1	9	3	8	2
2	8	1	3	7	6	4	5	9

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FOUNDATION

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- Demonstrated and supported need
- School and/or community involvement
- Scholastic achievement

Please visit leaderpost.com for a bursary application. The deadline for submissions is May 31, 2015.

LEADER POST
FOUNDATION

Supporting Community and Education

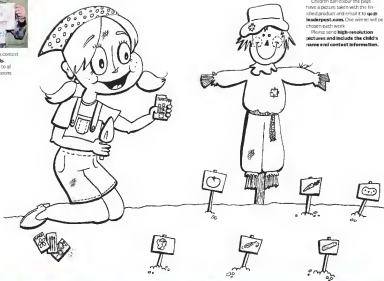


The Leader-Post Foundation is a not-for-profit, independent charitable organization that provides financial support to people and projects throughout southern Saskatchewan. Since 1989, the Foundation has awarded more than \$415,000 in scholarships and bursaries to outstanding Saskatchewan students.

OUTSIDE THE LINES



Last week's QC colouring contest winner was Logan Gosselin. Congratulations! Thanks to all for your colourful submissions. Try again this week!



Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please lots of all ages.

Children can colour the page, have a picture taken with the finished product and email it to qc@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.

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